

***“For better health, give your family one extra portion of vegetables a day”***

## **Practical Salad**

### **INGREDIENTS:**

**1 Romaine lettuce head**

**3 red tomatoes**

**2 cans of corn**

**2-3 tsp. chopped onion**

**1 cup of shredded carrots**

**2-3 tsp. of light mayonnaise or low calorie dressing**

**Salt and pepper**

### **Preparation:**

**Shred the lettuce, rinse and place in a large bowl. Chop the tomatoes and onion, add to the lettuce. Add the corn, carrots and mayonnaise. Add salt and pepper to your liking. Mix well and serve with crackers or tostadas.**



### **What is a portion?**

- **1/2 cup of fresh, frozen or canned vegetables**
- **1 cup of leafy greens**
- **¾ (6 oz.) 100% vegetable juice**
- **1 medium size vegetable**

**Recipe recommended by: Angelica Flores**

Developed by the County of San Bernardino Department of Public Health Nutrition Program. If you would like to receive information on nutrition and gardening classes and/or other recipes, please call (909) 387-9193

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